

LiveWell

2013
AUTUMN ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION



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HEALTHCARE SYSTEM
GENESIS
Where you're treated well

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Tony Cruise didn't expect a routine screening for cancer would lead him to heart surgery, but when it did, he was glad he got excellent care right here.

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For Your Life ... For Your Health

Keep this handy guide to this fall's programs and events.

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The "Your Hospital. Your Health." Campaign

Learn why a new medical center is important for our community and how you can support it.

TAKE A VIRTUAL STROLL

Want to know what your new medical center is going to look like? You can find out with our interactive virtual tour on the Genesis website.

Watch a video that shows the exterior design concept of the new facility from many different angles, including the Dr. Nick A. and Nancy R. Sarap Cancer Center. You can also select from our new medical center drawing shown below to view artists' renderings of interior spaces along with more details about those areas.

The new facility will be completed in 2015, but you don't have to wait that long to get a glimpse of your new medical center. Just go to genesishcs.org and select "Building For Your Health."





BUILDING YOUR NEW MEDICAL CENTER



If you've been around Genesis-Bethesda lately – or even driven by – you've no doubt noticed the construction activity. We're excited to be underway in building your new medical center. In this issue of LiveWell, we're sharing details of how we're designing

our private patient rooms with help from those who will use them.

We're one of only a few hospitals in the nation who've built model patient rooms with so much detail. We've been getting feedback from our physicians, staff – and most importantly – real patients who stay in the rooms and their families. The suggestions will help us make the rooms as comfortable as possible for you and efficient for physicians and staff to care for you.

We have a couple of new features on our website that can give you a real-time “bird's-eye view” of the construction. You can read about our webcam and interactive virtual tour of the new facility in the Construction Update.

While work surrounding your new medical center has become a way of life for us, we remain focused on why we're building it – you. Our goal is to provide the highest quality of care, and this commitment shines in this issue's articles. You'll read about Tony Cruise and his decision to have his heart surgery here – a decision he's glad he made after receiving excellent care from cardiothoracic surgeon Dr. Eduardo Jorge and our heart team.

Susan Knicely is also glad she could receive care close to home. Her pain was affecting the quality of her life. With the help of our palliative care team, Susan is now enjoying more of her daily activities. Having a palliative care specialist like Dr. Erin Remster at Genesis gives patients the support they need to deal with serious illness. And when you don't feel well, close to home is where you want to be.

We are committed to continuing to deliver high quality, compassionate health care today – while building a new medical center in which to deliver that care tomorrow.

Matthew J. Perry

President & CEO

EXCELLENT HEART CARE

Tony and wife Leora spend summer days at Seneca Lake.

Tony Cruise

"I'm glad I decided to stay here instead of going to a large city. I'd highly recommend Genesis to anyone who has to go through this."

— Tony Cruise

A Quick Recovery

Tony is glad he stayed close to home for care and was surprised at his quick recovery. "I was amazed at what I was able to do," Tony said. "I was out running around the yard with my dog in less than three weeks, while my brother-in-law, who had a similar procedure about a year ago at a Columbus hospital, is still having problems."

Tony was impressed with the compassionate care he received before and after the procedure. "The doctor explained the process in detail and even drew pictures of what was going to happen," he said. Tony's brother-in-law reported learning more from the heart specialists at Genesis than his own physicians.

Unexpected Benefits

There were several benefits of the procedure Tony didn't anticipate. He finds his Chronic Obstructive Pulmonary Disease (COPD) has improved, and he barely coughs anymore. He also joked that the cobra tattooed on his chest looks like it has never been touched.

The outward appearance wasn't important to him, he admitted, but the compassionate care was. "I received excellent care," Tony said. "I'm glad I decided to stay here instead of going to a large city. I'd highly recommend Genesis to anyone who has to go through this."

Tony Cruise was scheduled for a routine colonoscopy when caregivers at Genesis discovered a heart problem. An electrocardiogram (EKG) was done as part of routine tests to prepare for the colonoscopy due to his age, and an irregular heartbeat was found. Then a heart catheterization was performed, locating a blocked artery to his heart.

"Somebody was paying attention," said the Cumberland man of the caregivers who first spotted the irregular heartbeat. If the blocked artery hadn't been found, it's possible he could have had a heart attack.

Tony, who had never had any symptoms of heart problems, needed Coronary Artery Bypass Grafting (CABG). In the procedure, a healthy artery or vein is grafted to the blocked artery to create a new path for the blood to flow to the heart.

Family and friends suggested Tony travel to a Columbus hospital for the procedure. "I wanted to stay here," said the retired meat cutter. "I'd heard lots of good things about the cardiac care at Genesis and how they'd spent many years building up the heart team."

Why Go Anywhere Else?

Eduardo Jorge, M.D., a cardiothoracic surgeon with the Southeastern Ohio Heart, Lung & Vascular Center, is a member of the Genesis heart team. He performed Tony's surgery. "Mr. Cruise required CABG for his blockage; his problem couldn't be corrected with angioplasty or stenting," Dr. Jorge said.

Dr. Jorge has been performing heart surgery for more than 20 years and has been at Genesis since 2005. "We are in the top 10% nationwide for coronary bypass surgery," he said. "People think you have to go to a big city hospital for care. Why do you need to travel far from home when you have the same or better care right here?"

"We are in the top 10% nationwide for coronary bypass surgery."

*— Eduardo Jorge, M.D.
Southeastern Ohio Heart, Lung
& Vascular Center*



To Learn More » Visit our website at genesishcs.org.

DESIGNED FOR YOU

Patients Stay in Model Rooms

Genesis did something few hospitals have done before – built model patient rooms so doctors, nurses, patients, visitors and families can offer feedback on the design – before more than 200 rooms are constructed in the new medical center.

“Only one other time in my 42-year career has a hospital constructed a model room with this much detail,” said David C. Brown, director, Global Construction Practice, Navigant, a firm that oversees and manages hospital renovation. The other hospital was a university facility in the Eastern United States.

Two model rooms at Genesis-Bethesda are complete with everything needed during a hospital stay. The all-private rooms are real rooms that will be used for orthopedic care once the new medical facility is complete. The rooms were created to test the rooms’ functionality, efficiency and comfort before completing the new medical center.

In July, more than 300 doctors, nurses and staff toured the rooms and offered feedback. The two rooms each had different details – like lights, toilets and curtains – so the doctors, nurses and caregivers had the chance to make comparisons between the two.



Staci Baker, R.N., left, and Megan Rollins, physical therapy assistant, tour the model room and provide feedback for the final design.

A Test Run

Kathy Doughty had the opportunity to test a model room during her three-day stay following total reconstructive hip surgery. She readily agreed to stay in the model room and offer input into the design. Kathy, her family and visitors completed surveys rating everything from the bathroom to the bed. “The beds were really comfortable – especially for a hospital bed,” Kathy said.

One of the first things that caught her eye when she entered the room was the soothing light green color. She also appreciated the large windows, night lights next to the bathroom door and big screen TV. And she was able to offer some ideas on ways the room could be improved –

such as more storage space. “I’m glad I was able to stay here and have a say in what the new rooms will look like.”

One Chance to Get It Right

Some other patients, families and visitors will have a chance to offer input into the model rooms. “I would never buy a car without giving it a test drive, so why would we want to build rooms to care for people in our community without trying the design out first? We only have one chance to get it right,” Burns said.

“The exciting part is this is a real room that will be used in the new facility,” Brown said. “We’re getting input from the entire spectrum – from the physicians to the patients – so everyone contributes to quality care.”

“Every staff member had at least one suggestion,” said Abby Nguyen, chief nursing officer at Genesis. “We identified so many little things – like making sure there’s a light over the sink or moving the patient call light where it’s easier for the patients to reach.”

Rooms Impact Healing

All these little details can make a big difference because studies show room design contributes to healing. The hospital in the East that built a model room and made improvements was ranked in the 99th percentile in patient satisfaction a year after the new facility was complete.

“Getting the little details right in patients’ rooms allows staff to perform at their best.”

– **David C. Brown**
Director, Global Construction Practice
Navigant

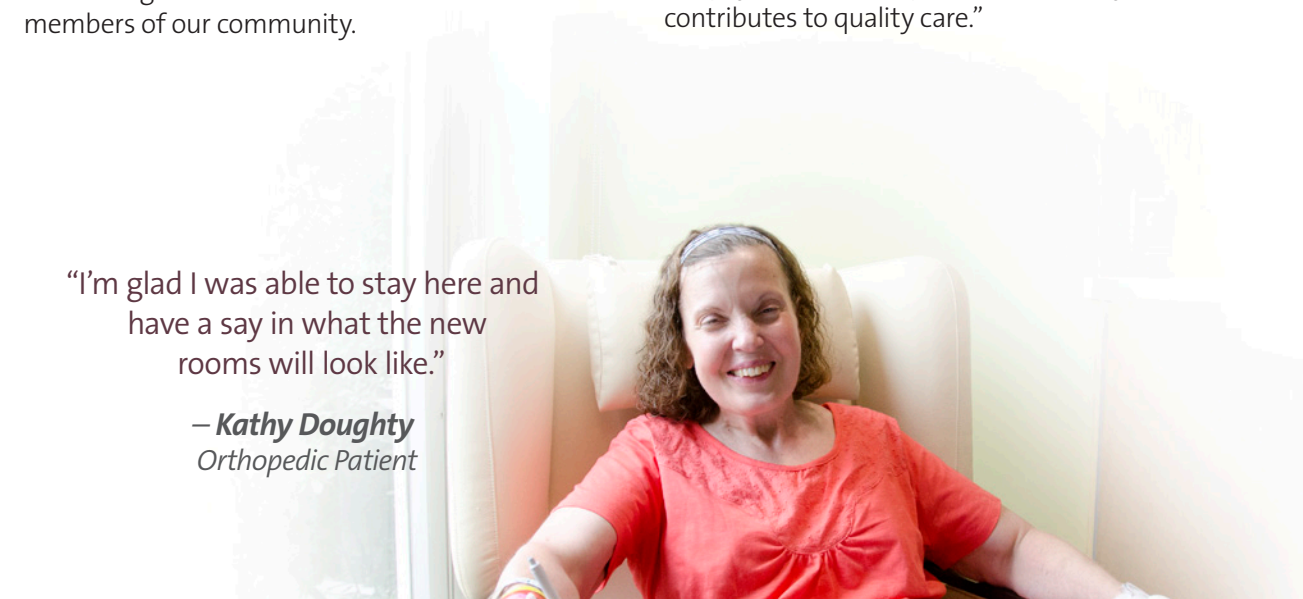
“We don’t want to diminish the impact the caregivers have on care,” Brown pointed out. “But getting the little details right in patients’ rooms allows staff to perform at their best.” There are many details and designs in the model room, like a nurse server that saves caregivers time walking down the hall for medications and supplies – time that can be spent with patients.

Saving Big Costs Later

The model rooms also provide the opportunity to make small changes now – saving big costs later. “A small change in the room can cost \$500 to \$1,000. Multiple that by 200 rooms and we’re looking at \$100,000 or more,” said Al Burns, chief development officer at Genesis. Those cost-savings can be used to care for members of our community.

“I’m glad I was able to stay here and have a say in what the new rooms will look like.”

– **Kathy Doughty**
Orthopedic Patient



To Learn More » Visit our website at genesishcs.org.

Susan Knicely

THE COMFORT OF PALLIATIVE CARE

Susan Knicely had always been healthy and led a busy and active lifestyle on the family farm. When the 59-year-old woman was diagnosed with colon and liver cancer in March 2013, she handled the diagnosis as best she could. However, constant pain kept her from doing daily activities, and that's when her family encouraged her to get some relief.

Her oncologist, Scott Wegner, M.D., medical director of the Genesis Hematology & Cancer Care Center, suggested she seek help from Genesis Palliative Care. Soon after Dr. Wegner's referral, Susan met with Erin Remster, D.O., a Palliative Medicine physician. "I didn't really know what this kind of care was, but I was willing to give it a try," Susan said.

Susan and her granddaughter Brooke Knicely enjoy the Muskingum County Fair, where they show cattle along with other family members.

"Palliative means comfort," explained Dr. Remster. "Palliative Care is specialized medical care to help people deal with the symptoms and stress of a serious illness. Sometimes patients with a serious illness have pain, shortness of breath, tiredness, difficulty sleeping, depression, anxiety and decreased appetite. We have a variety of ways to help manage these symptoms."

Palliative Care uses a team of caregivers including physicians, nurses, social workers, chaplains and others to help patients and their loved ones feel better, feel supported and have more control of their health care. The care can be appropriate for patients with cancer, as well as other illnesses such as advanced lung disease (like COPD or emphysema), advanced heart disease (including heart failure and valve disease), and liver, kidney and neurological diseases. "The goal is to improve the quality of life for patients and their families," Dr. Remster said.

Help With a Serious Illness

Dr. Remster talked with Susan and her family to find out the nature of her pain and help her find relief. "She involved the whole family in the conversation," said daughter Jenny Eck, a registered nurse. "She looked at the whole big picture to find out where Mom's pain was, if the pain was in the evening or if she woke up with pain, when the pain hit, and how severe it was. Dr. Remster dug a little deeper to help Mom get relief."

The relief, in Susan's situation, was a timed-release medication to help improve her quality of life. "After I had the appointment with Dr. Remster, I began getting up in the morning feeling more rested," Susan said. "It makes a big difference in how I see things – now I am a lot calmer. I never would have thought it would have improved my mood and appetite that much."

Susan's improved outlook also lifted her family's spirits. "When Mom was going through a rough time, the whole family fell into a little slump," Jenny said. "My mom used to be able to work circles around me. I think her biggest struggle was not being able to do the things she's used to doing."

A New Outlook on Life

"After Mom met with Dr. Remster, she has just flourished, and the care has helped her tremendously," Jenny said. "I think Palliative Care helps you deal with the disease. In my mom's case, she had pain, nausea and the anxiety of dealing with the diagnosis."

"If Mom wouldn't have gotten help from Palliative Care, she wouldn't have complained and probably would have continued to suffer alone," Jenny said. "The Palliative Care team helped her realize she doesn't have to suffer; there's help out there."

Susan is glad she could receive the specialized care close to home. "Dr. Remster was so caring and concerned about my well-being," Susan said. "She met with me at the Genesis Hematology & Cancer Care Center so I didn't have to make another appointment or go to another doctor's office."

Susan is back doing what she loves to do – cooking, helping out on the farm and enjoying her family of three grown children and 11 grandchildren. "I'm more relaxed, and I handle things a lot easier than before. I have a positive attitude now," Susan said. "With help from the doctors and nurses, and God on my side – I'm going to get through this."

"The goal is to improve the quality of life for patients and their families."

– Erin Remster, D.O.
Genesis Palliative Medicine Physician



To Learn More » Visit our website at genesishcs.org.



MEET SHALINI GARG-GUPTA, M.D.

Radiation Oncology

Shalini Garg-Gupta, M.D., is a radiation oncologist who recently joined Genesis. Radiation oncologists are specialists who use radiation to treat patients with all forms of cancer including breast, brain, gynecologic and skin cancers. This type of therapy can also be used to treat some diseases and tumors that are not cancerous.

"My goal is to work with each patient to provide the highest quality of care and compassion," said Dr. Garg-Gupta. "The mission of Genesis Cancer Services – to deliver patient-centered cancer care – ties in well with my goal."



"The Genesis cancer team members work together to make sure all of our patients receive the best possible care. I am excited to become a member of this team, and I look forward to caring for patients in Southeastern Ohio."

Dr. Garg-Gupta received her undergraduate degree from Duke University, in Durham, N.C., and her Doctor of Medicine degree from the University of Pennsylvania School of Medicine in Philadelphia, Pa. She completed her radiation oncology residency at Rush University Medical Center in Chicago, Ill. Her office is at the Genesis Radiation Cancer Care Center, 751 Forest Ave., Zanesville, and her phone number is (740) 454-5014. She is accepting new patients by physician referral.

To learn more about cancer services at Genesis, visit our website at genesishcs.org

WELCOME TO NEW PHYSICIANS

We are pleased to welcome the following new physicians to the Genesis medical staff.

Brandon Bomsta, D.O., *Emergency Medicine*



Dr. Bomsta earned his Doctor of Osteopathic Medicine degree at Des Moines University in Des Moines, Iowa. He completed his emergency medicine residency at Southern Ohio Medical Center in Portsmouth, Ohio.

Roy Peters, M.D., *Hospital Medicine*



Dr. Peters received his Doctor of Medicine degree from Ross University School of Medicine in Dominica, West Indies. He completed his internal medicine residency at Eastern Virginia Medical School in Norfolk, Va.

Sheri Knepel, M.D., *Emergency Medicine*



Dr. Knepel earned her Doctor of Medicine degree at The Ohio State University College of Medicine and Public Health. She completed her emergency medicine residency at The Ohio State University Medical Center in Columbus.

William Rose, M.D., *Emergency Medicine*



Dr. Rose earned his Doctor of Medicine degree from Northeast Ohio Medical University (NEOMED), formerly Northeast Ohio Universities College of Medicine (NEOUCOM) in Rootstown, Ohio. He completed his emergency medicine residency at Orlando Regional Medical Center in Orlando, Fla.

CONSTRUCTION UPDATE



Webcam Gives a Bird's-eye View

You can tell there's a lot of activity at Genesis-Bethesda as we build your new medical center – trucks coming and going, cranes and other heavy equipment moving around, workers bustling about – but it's been hard to see exactly what's going on behind the protective fence. Until now.

With a live webcam on our website, you get a bird's-eye view of the work. A picture of the addition to the south side of Bethesda is taken every 15 minutes, and you can zoom in to get a closer view.

Another feature that's sure to awe you is time-lapse. Simply click on "Time-Lapse" at the top of the webcam screen. You'll see every image the camera has taken from the beginning to the most current. It's like watching a magic show!

Check out our website at genesishcs.org and select "Building for Your Health." You can find the webcam and an interactive virtual tour there. You can also learn more details about the new medical center and how you can support it.



Here are just a few scenes from our webcam.



FOR YOUR LIFE... FOR YOUR HEALTH

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EDUCATIONAL PROGRAMS, SUPPORT GROUPS & EVENTS



For updates on programs or events, go to genesishcs.org.

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Spirit of Women Programs

To register for Spirit of Women programs, go to genesishcs.org; select "Education & Events," or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Girls' Night Out

Friday, Oct. 25 • 5:30 to 9:45 p.m.

Ohio University-Zanesville and Zane State College Campus Center

Speaker: Renee Rongen

Cost: Spirit of Women members: Free

(*must show key tag*)

Non-members: \$10 (*receive Spirit of Women membership*)

Grab your mother, daughters, sisters and friends for an evening of fun, laughter, pampering, shopping and helpful health information. Girls' Night Out features free screenings; short, fun presentations on women's health; and much more. Visiting and shopping with our business partners and dazzling door prizes round out this event.

Free screenings include peripheral arterial disease, pulse oximetry, Derma View, bone density, blood pressure and body mass index. A higher level screening is available for \$99 **on this night only** – includes screening for abdominal aortic aneurysm, atrial fibrillation and stroke/carotid artery. Please fast 4 to 6 hours before the higher level screenings for a clear view of your abdomen.

Light Your Way to Better Health

Managing Diabetes

Thursday, Nov. 7 • 5:30 to 8 p.m.

North Terrace Church of Christ
1420 Brandywine Blvd., Zanesville

Visit with our many vendors and enjoy a sampling of delicious, healthy food. Our presenters will guide you on medical decisions along with proper nutrition. They will also discuss ways to manage finances and your stress. Join our Diabetes & Nutrition Education team as they help you light the way.

Overwhelmed

Thursday, Dec. 5 • 5:30 to 8 p.m.

Genesis HealthPlex Conference Center

Whether it's meeting a deadline at the office, preparing the house for company, or cleaning out the garage, we all have an ever-growing to-do list. Let's face it, sometimes our lives stress us out! Over time, these stressors can trigger a variety of health problems. Join us as we discuss health risks of stress and how to manage it.



Community AHA Classes

Through a partnership between Genesis and Zane State College, American Heart Association CPR, first aid and bloodborne pathogen classes are held on the campus of Zane State College.

Costs are:

Heartsaver CPR – \$45

Healthcare Provider CPR – \$60

First Aid – \$35

Bloodborne Pathogens – \$20

To sign up for CPR, first aid or bloodborne pathogen classes, call Zane State College at (740) 588-1288.

Childbirth & Parenting

Walk to Remember

Sunday, Oct. 13 • 1 p.m.

Call (740) 454-6140 for location.

H.A.I.L. (Healing After Infant Loss) is a program dedicated to the memory of infants lost to miscarriage, ectopic pregnancy, stillborn and newborn death. Join us for this free walk to honor and remember.

Classes

Genesis offers childbirth and parenting classes to help you navigate the joys and challenges of being a parent. Whether you're a first-time parent or one with a little more experience, we have a class to fit your needs. For more information, call Lauren Wood at (740) 450-6262; go to genesishcs.org and select "Education & Events;" or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Cancer Support Groups

Call Shannon White, Genesis Cancer Services, (740) 454-5014 for more information on cancer support groups.

Young Women Survivors Network

Women age 49 or younger with cancer can learn about the disease and issues that are unique to them, such as fertility and pregnancy, impact of hormones, intimacy and self-esteem, and psychological and social aspects of dealing with cancer.

Support Buddies – Breast Cancer

Meetings are at 6 p.m. at the Genesis Breast Care Center at the Genesis HealthPlex.

Wednesday, Oct. 2

Topic: Breast Cancer Month Questions & Answers

Speaker: Firas Eladounikdachi, M.D., Surgeon

Wednesday, Nov. 6.

Topic: Hypnotherapy – More Than You Know

Speaker: Jim Henceroth, Chemical Dependency Counselor, Genesis Recovery Center

Wednesday, Dec. 4

Topic: Holiday Celebration

I Can Cope Classes

Topics include managing fatigue, relieving pain, nutrition, physical activity, exploring self-esteem and more. To schedule a class or personal meeting, or if you're interested in a speaker for your group, call Shannon White at (740) 454-5017.

Look Good ... Feel Better

Female cancer patients learn beauty techniques and how to stay positive and maintain self-esteem through treatments. Each participant receives a free make-up kit worth \$300. Registration is required by calling the American Cancer Society at 800-395-LOOK.

Tuesdays, Oct. 15, Nov. 19 or Dec. 17

Genesis Hematology & Cancer Care Center
1246 Ashland Ave., Suite 205

Man to Man – Prostate Cancer

Meetings are held at 6 p.m. at the Genesis Radiation Cancer Care Center, 800 Forest Ave.

Monday, Oct. 7

Topic: Dealing With Depression

Speaker: Kathryn Chapman, Behavioral Health Specialist

Monday, Nov. 4

Topic: Managing Incontinence

Speaker: Carina Majzun, Physical Therapist

Monday, Dec. 2

Holiday Fellowship

Other Events

Annual Perry County Breast Cancer Vigil

Light a Candle to Honor & Remember

Thursday, Oct. 17 • 6:30 p.m.
Perry County Courthouse Main Entrance
New Lexington

You're a breast cancer survivor the day you're diagnosed. We invite breast cancer survivors, families and friends to celebrate the joy of life and survival. Post an inspirational message to survivors on our Facebook page at facebook.com/Genesis-HealthCare-System. Call Shannon White at (740) 454-5017 for more information or to request a luminary in honor or in memory of a loved one.

Annual Ethics Symposium

Bioethical Mediation

Thursday, Nov. 7 • 6 to 8 p.m.
OUZ/Zane State College Campus Center
Speaker: Victoria Kumorowski, Genesis Bioethical Mediator

How can you and your family coordinate with health care professionals to honor the wishes of your loved one? That's the goal of the communication process used to sort out questions about care and make sure everyone is heard. For more information, go to genesishcs.org.

Coal Miners Health Fair

Wednesday, Nov. 13 • 9 a.m. to noon
Muskingum County Center for Seniors
201 Sunrise Center Lane, Zanesville

This event is geared toward active or retired coal miners and anyone who's ever been exposed to coal dust through employment, but it is open to any adult. Free screenings including Alpha 1 will be available, and a nurse practitioner will review results with you. The Department of Labor will help fill out applications and answer questions about black lung benefits. Registration is not necessary. For more information, call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328.

Diabetes

Diabetes Exercise Program

Exercise helps you control your blood sugar, and we can help you exercise safely at this program led by Zach Hartman, exercise physiologist.

Mondays & Wednesdays
Genesis Physicians Pavilion
Cost: \$100 for 8-week session; financial aid available
Call (740) 454-4336 or 866-351-6688 for dates and times.

Walk With a Doc

All walks start at 8:30 a.m. and last about an hour. After a brief presentation from a doctor, you're invited to walk about a mile at your own pace. You can also ask the doctor general health questions before and during the walk. For more information about the Zanesville walks, call Tara Poorman or Sharon Francis at (740) 454-4336, or Cathy Blair at (740) 586-6880. For more information about the Somerset walks, call Sandy Hooper, Jenny Taylor or Jerrica Reichley at (740) 743-3800.

Saturdays, Oct. 12 & Nov. 9
Gorsuch Fitness Trail

Saturday, Dec. 14
Genesis HealthPlex

Saturdays, Oct. 19, Nov. 16 & Dec. 21
Somerset City Park

Respiratory Support Group

Call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328 for more information.

Better Breathing Club

Tuesday, Oct. 8 • 1:30 to 3 p.m.
Genesis HealthPlex Conference Rooms A & B
Topic: OSHIP
Speaker: Becky Hayward

Tuesday, Nov. 12 • 1:30 to 3 p.m.
Genesis HealthPlex Conference Rooms A & B
Topic: Symptoms, Prevention and Treatment of Flu
Speaker: Cathy Blair, C.N.P., Genesis Wellness Program
Flu shots will be provided by Joyce Bates from Rambo Memorial Health Clinic. R.S.V.P. by Nov. 5 for a flu shot.

Friday, Dec. 6 • Noon to 2:30 p.m.
Genesis HealthPlex
Conference Rooms A, B & C
Topic: How to Identify and Reduce Stress
Speaker: Rhonda Forrestal, P.T., Genesis Rehabilitation Services
Remember to bring your favorite potluck covered dish. R.S.V.P. by Nov. 29.

Grief Support

Genesis Hospice Care offers a variety of support groups to help you share, heal and grow during this time in your life. Individual counseling sessions are also available. For more information, call Genesis Hospice at (740) 454-5353 or 800-953-7673, or go to genesishcs.org and select "Education & Events."

Northside Pharmacy Wellness

For more information or for locations, dates and times, visit Northside's website at northsiderx.com or call (740) 454-5666, ext. 8405.

Defend Against the Flu

Adult flu shots will be available at all Northside Pharmacy locations in October until supply runs out. There is no cost for Medicare Part B recipients, and we can bill most insurance companies. Be sure to bring your Medicare and other insurance cards.

A1C Testing

During November, American Diabetes Month, take a simple blood test – A1C – to help determine if you have diabetes or are pre-diabetic. You don't need to fast for the test, and the cost is \$10. Check the Northside website for where you can get the test in November.

Medicare Part D 2014 Open Enrollment

Northside Pharmacy offers free Part D plan comparisons during open enrollment from Oct. 15 to Dec. 7 and during special enrollment times. Pharmacists recommend you have a plan comparison yearly because plans, including premiums, covered medications and co-pays, change each year. It's also a great time to sit down with your pharmacist and review your medication regimen. Call or stop in any Northside Pharmacy location.

Rehabilitation

Delay the Disease – Parkinson's

Exercise Class

Tuesdays • 10 to 11 a.m.
North Terrace Church of Christ
1420 Brandywine Blvd., Zanesville
First class is free; \$50 for 10 sessions or \$5 per class

"Delay the Disease" is an exercise class specialized for those with Parkinson's disease. The goal is to proactively improve the conditions of stability, flexibility and management of tremors. Call (740) 455-5151 for more information.

Support Groups

Genesis Rehabilitation Services also offers a variety of support groups, including stroke, brain injuries, and pain and fibromyalgia. Call (740) 454-4324 or 800-225-7957, ext. 4324 for more information.



Tree of Love *Lighting Ceremony*

Friday, Nov. 22 • 6 p.m.

New Location – Genesis-Good Samaritan Main Entrance

The spirit of the holiday season glows in the Tree of Love, an annual fundraiser by Genesis Volunteers. The tree-lighting ceremony will be held at Genesis-Good Samaritan due to the construction of the new medical center at Genesis-Bethesda. The ceremony is free and open to the public, and includes holiday music, entertainment and refreshments. Find out more information and how to donate a tree or bulb by going to genesishcs.org; select "Education and Events."

FOR YOUR LIFE... FOR YOUR HEALTH

2503 Maple Ave., Suite A
Zanesville, OH 43701

CHANGE SERVICE REQUESTED



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